



KADAP

Newsletter # 50 February 2021

From the Coordinator

Karen Stanton



Welcome to 2021, hopefully you are well rested and enjoyed the festive break and your start to the new year has been happy and healthy.

Since our last newsletter at the beginning of December KADAP hosted its members, volunteers and funders at a wonderful Christmas luncheon. The KADAP board generously provided extra funds and others donated goods and time to make sure the lunch was free and could be enjoyed by all. The hall looked great, the food delicious, the chat was plentiful, dancers from Whakatane provided glitz and glamour with their fancy steps and tasselled outfits and I thought the youth from the Kawerau Air Training Corps were wonderful and a great testament to today's young people. Last but not least – how about the Christmas cheer that was spread by Santa, his elf and good fairy. Who knew Ian, Margaret and Barry had such talent, and the makeup job on that fairy - really there are no words!

It certainly was an event that required many hands, it was a pleasure to work with people who all pitch in and just get things done, it was gratifying and appreciated so thank you to all those volunteers and helpers that made the day a success.

We also held a Christmas lights tour – 7 of us took part in a late-night venture into Whakatane, Coastlands, Edgecumbe and around Kawerau to take in the Christmas lights. We all oohed and aahed our way around the district taking in the sights. Some areas had 5-6 houses in one street that were lit up and at most houses we could have spent a longer time sitting to see all that had been included in their display. We applauded the effort residents put into the display as some must take days and days to put together for others to enjoy. While we all got home late – it was well worth it for the sights and laughter in the van. I enjoy this time of the year as most people seem to be more relaxed than usual, before the normal hubbub of getting back to work, commitments and school timetables. As KADAP is back to providing full services again after the holidays we look forward to hearing from members and catching up with everyone. Just a reminder our Member meetings are held at the Kawerau Concert Chambers on the second Monday of every month from 1pm-3pm. There is a speaker that is relevant for most KADAP members along with a hot cuppa, afternoon snack and a chance for a catch-up chat with other members. It is free to attend so remember to put the dates in your calendar and if you have any ideas for interesting speakers, or would like to know about something, please let us know. Our first meeting for the year will be held on **Monday 15 February at 1pm, (as the 8th is a public holiday)**, our guest speaker is Gorah Golamally from DHB Support Net, he will be talking about the Needs Assessment process, we look forward to seeing you there. Just a reminder that if you have any feedback or ideas about anything KADAP is involved with please feel free to give us a call or to come into the office.

Karen

Quotes on Life

- You never really learn much from hearing yourself speak – George Clooney
- Life is really simple, but man insists on making it complicated – Confucius
- Good friends, good books and a sleepy conscience: this is the ideal life – Mark Twain



Recent Activities

The December meeting was our Christmas luncheon, and more than a hundred people shared the fun



Santa meets the Members



Ready for Lunch



Santa and his Team



Some of the Volunteer helpers

Mobility Parking Information

Did you know a Mobility Parking Card is issued to a person not a vehicle, and is available for a short or long term.

Therefore if you have a mobility card and are getting transport from a KADAP volunteer they may be able to get a closer park, so you don't need to walk so far, and the parks are wider which makes it easier to get in and out of a vehicle.

Also, in Whakatane it means when parking in a 30- or 60-minute spot the time is doubled.

The card needs to be displayed on the parked cars dashboard. A doctor needs to confirm your eligibility and there is a cost associated with obtaining a card.

To find out more, check out the CCS Disability Action website or drop into the KADAP office and we can help you out.



WHAT'S HAPPENING



Kawerau Bus Service

Good news – After some great work from several Kawerau organisations a new Kawerau to Whakatane bus route has been established and is due to start in early June. It will leave from the Kawerau I-site and complete a route around Kawerau before heading into Whakatane, this route will run several times a day for 3-4 times a week. More definite information will be available shortly from the Kawerau District Council after logistics are confirmed by BOP Regional Council. It will be important to support this service to ensure it remains in place.

You will need a Bee Card to use the bus. The Bee Card needs to have your Supergold card information merged onto it, this will enable you to get the concessions that are available to senior citizens eg free travel between 9 and 3pm, all day on the weekends and public holidays. The Bee Card costs \$5 and there are several ways to get one:

- Online at www.beecard.co.nz
- From the Whakatane Branch of the BOP Regional Council – they will load your Supergold information while you are there. Phone 0800 884 880
- From the bus driver on the bus – however you will still need to load your Supergold card information online
- Come into the KADAP office and we can help you complete the online application and load your Supergold card information at the same time

The cards can currently be used in 9 regions in the country – Northland, Bay of Plenty, Waikato, Hawkes Bay, Taranaki, Manawatu-Whanganui, Nelson, Otago and Invercargill.

To travel from Kawerau to Auckland by bus will cost you about \$49.00, but once there you can travel on buses, trains and ferries (including to Waiheke Island) free from 9 am to 3 pm with an AT Hop card. We can give you more information about this from the KADAP Office.

Events

We have been having a think about doing some events this year, like going to the cinema, or on a bus trip, or even just a drive to Whakatane Heads, fish ‘n’ chips at Ohope Wharf, or even a day of shopping at Bay Park. We did some things like that a couple of years ago, (who remembers the Kewpie trip?) but Covid prevented us from organising anything last year.

Contact us at the office, or we can talk about it at our next meeting if there’s anything you would like to do.. Come on – let’s make it happen!

Covid-19 update

As the newsletter is being written there are 3 new community cases 2 in Auckland and 1 in Northland.. Hopefully, further testing and tracing will get on top of the new outbreaks quickly. Just a reminder to KADAP members we are in a position to act quickly if needed, we already have a phone tree in place and volunteers willing to help with any urgent needs. If you are concerned about anything it is important to get correct information - check the Ministry of Health website: www.health.govt.nz

Please remember to use the Covid tracer app or sign in systems when you are out and about.

Please phone the office if you need help with any information or have any concerns.



Sport BOP run a Keep on Your Feet class aimed at improving your strength and balance – it's easy and it's fun and it makes a difference!

Falling over and losing your strength and balance shouldn't be considered a natural part of ageing. In actual fact, improving your strength and balance is considered to be one of the most modifiable risk factors with regard to having a fall. There is evidence that shows improving your strength and balance can reduce falls by 29%!!!

2021 classes have just started on Thursday mornings at 10am in the Bert Hamilton Hall, Porritt Drive, \$3 per class.

For more information go to www.sportbop.co.nz and look under the 'get Active' tab, or phone Rachel Garden on 021 191 6544.



Maggies Drop in cuppa and chat

St Margaret's host a cuppa and chat on a Friday morning at St Margaret's church on 1 Newall St. Anyone is welcome, you can play Rummikub or Scrabble or just sit and have a chat. If any KADAP member would like to attend and needs a ride, please get in touch with the office and we can organise that for you.

It is with regret that we note the passing of

Member Sonia Cumming

Our condolences to Sonia's family

Recipe of the Month



Dried Fruit

Isn't it always the way? Just when you congratulate yourself on growing a good crop of fruit, or your neighbour offers you some of their excess, you have enough jam and bottles of fruit!

Well, why not have a go at drying some of it.

You don't need an expensive dehydrator to do the job. You can do it easily, in your oven with no fuss or any extra equipment.

Here's how

- 1 In a saucepan, heat water and sugar to make a light syrup (about 1 cup sugar to 2 cups water)
- 2 Wash the fruit and cut into ½ cm slices (or thereabouts)
- 3 Place the fruit into the hot syrup for 10 minutes
- 4 Drain and place on a baking tray lined with paper
- 5 Place in an oven at 70° for 8-12 hours, turning them once
- 6 Allow them to cool in the oven
- 7 Store in airtight containers.

Volunteer Activity



There was a lot of voluntary activity over the month of January, including transport to hospital for visiting members and for appointments, pet care, gardening, shopping, and even relocating members from one home to another.

KADAP would like to thank our sponsors:

- **Kawerau District Council**
- **Bay Trust**
- **Z Good in the Hood**
- **C.O.G.S**
- **NZ Community Trust**
- * **Hamertons Lawyers Ltd**
- * **Tindall/Acorn Foundation**
- * **The Lion Foundation**
- * **NZ Lotteries**

Important Phone Numbers

Tarawera Medical Centre: Ph. 323 8499

Kawerau Medical Centre: Ph. 323 6249

St John: Ph. 0800 785 646

Kawerau Police: Ph. 323 1400

Kawerau Fire Service: Ph.323 1077

Fire & Emergency New Zealand: (FENZ) Ph. 0800 658 628 or www.checkitsalright.nz

Veterinarians: Ph. 323 1052.

Disability Resource Centre: Ph.307 1447 – Whakatane

Neighbourhood Support: Ph. 021 20 21 303 Angie Nicoll

KDC Dog Control Officer: Ph. 306 9009

Elder Abuse: Ph. 0800 32 668 65

REMEMBER If its an emergency **Phone 111**, tell the operator, which Emergency Service you require; then give your name and street address, including “Kawerau” then await further instructions. If it is **not an emergency**, but you still want the Police, dial 105

KADAP Inc. is located at:

Ground floor

Rooms 6 & 7

KEA Centre,

60 Onslow Street,

KAWERAU 3127

FaceBook page - (Kawerau Ageing Kadap)

Web site: www.kadap.org.nz

Email: kadapkawerau@gmail.com

karen.kadap@gmail.com

Office hours are 9:00am. - 3:00pm. Mon.- Fri

Phones: 07 219 3940 and 07 219 3941

Mobile 027 503 8125

